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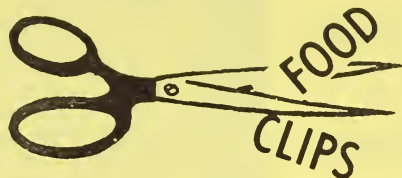
Food and Home Notes

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Did you know that there are over 400 varieties in natural cheeses alone?

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The protein in cheese is of the same high quality as the protein in meat, fish and eggs, according to nutritionists at the U.S. Department of Agriculture.

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Calorie watchers note: Cottage and Ricotta cheese are lower in calories than most other cheeses because they contain more moisture and less fat milk.

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Process cheese — and cheese foods — are not federally graded but frequently are inspected. They bear a USDA inspection shield.

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Coldpack cheese food contains added milk or whey solids — and it's usually milder, softer, and more spreadable than coldpack cheese.

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— OWN A PRIVATE WOODLAND ?

Did you know that one-half of the timber produced commercially in the United States comes from private woodlands? Much of this timber on privately owned woodland is below potential since it is unmanaged and left to nature. Good trees and a healthy productive forest takes years of care, protection and investment.

A well-managed woodland can provide financial rewards and recreational activities, according to a new Forest Service publication. But-to get the most out of your woodland and to help future generations, your woodland must be well managed — now !

There is a large variation in woodlands, so a general approach to management is not possible. Each tract of land must be adjusted to the individual management situation. Before you do anything — you should contact a professional forester to help you devise a workable plan.

To help you get started USDA's Forest Service has published a booklet called "Your Forestland: Profit, Enjoyment". To get a copy write to the Forest Service, U.S. Department of Agriculture, Washington, D.C. 20250.

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LOST ? KEEP COOL

It's the time of the year when everyone wants to go hiking in the woods. If you are an inexperienced hiker, you should stay on the trails and not venture too far off the beaten tract. However, if the call of the wild becomes too strong and you can't resist the urge to explore deeper into the wilderness, remember you may become lost.

If you find yourself in this predicament, the USDA Forest Service has some advice for you. The person who maintains a cool head has the best chance to come through safely. There are 5 rules which are important for you to remember. 1) Stop. Sit down, try to figure out where you are. Use your head, not your legs. 2) If caught by night, fog or a storm, stop at once and make a camp in a sheltered spot. Build a fire in a safe place. Gather plenty of dry fuel. 3) Don't wander about. Travel only downhill. 4) If injured choose a clear spot on a mountain spur and make a smoke signal. 5) Don't yell, don't run, don't worry, and above all, don't quit.

Remember keep the old brain in commission and the chances are you will come out of the woods on your own feet



JOHNNY APPLESEED...A LEGEND LIVES

By Ruth Carey

Agricultural Marketing Service

Praying, preaching, and planting were the shibboleths by which Johnny Appleseed lived. This strangely quiet and contemplative man became a legend of the apple industry and certainly bears a good deal of credit for today's record crop.

And today's crop is plentiful. According to U.S. Department of Agriculture marketing specialists, the crop is expected to total 173 million boxes. This will establish the 1975 commercial apple crop as the largest ever produced.

Johnny Appleseed played a mighty role in this figure. In the early 1800's John Chapman, a religious and dedicated man, began his yearly pilgrimages by foot and raft through Indiana, Ohio and parts of Illinois. Because of the bag of apple-seeds, which was his constant travelling companion, he was soon dubbed Johnny Appleseed.

It was not a derisive term, but one of great affection, for in his own quiet way he was successful in urging farmers to plant his seeds and to nurture the many orchards he had planted along the way.

He was a humble man who felt clothes were to be worn not as adornments but for utility. He travelled shoeless in worn and makeshift clothes. On his head he wore a tin pan which served as a cooking utensil as well as a head cover when needed. While his appearance was odd, his courage and dedication soon made him a welcome visitor.

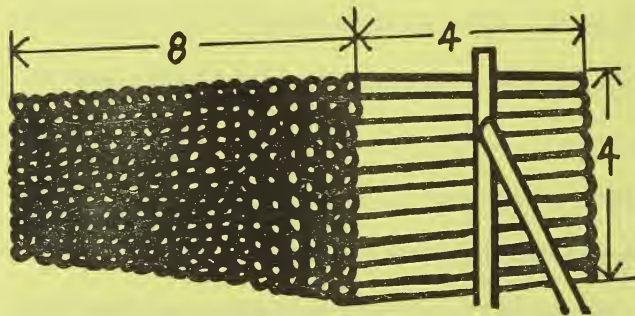
He was an itinerant missionary who preached the Swedenborgian Christian faith as he travelled from one apple growing area to another. His devotion to his fellow man was as apparent and well known as his apple planting. He carried on these missions for almost 50 years and became a legend in his own time.

FIREWOOD — AND YOUR FIREPLACE

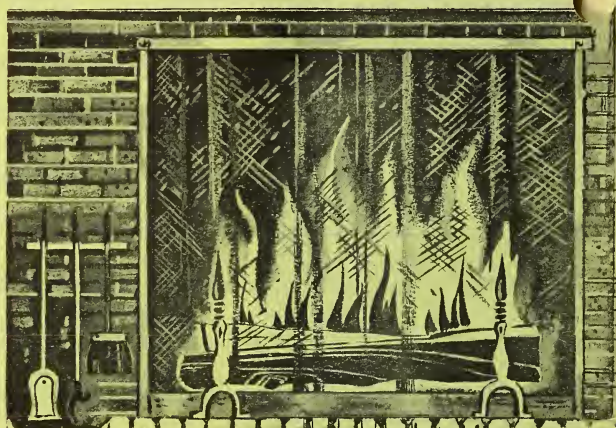
When the trees turn different colors it's time to plan to have a cozy fire. By using wood for heat, you are utilizing a renewable natural fuel source. Unlike coal, oil and gas, new trees can be planted, and, after a few years, more wood is available. And wood is much lower than some fuels in irritating pollutants.

Also, by burning wood in your fireplace, you are helping to reduce piles of wood waste found in woodlands, urban dumps and around wood industries. Reclaiming it provides a worthwhile environmental alternative.

Firewood can be obtained from trees growing in the forest that are considered undesirable. These include diseased trees which may prove to be a hazard to nearby healthy trees. Also you could check dumps, landfills, and sawmills for their wood scraps. Sometimes firewood is available from a National Forest. Check with your nearest Forest Service District Ranger for more details.



Stack
it...And...



Use It!

SHIRLEY WAGENER, Editor of Food and Home notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or Telephone 202-447-5898.
